

## ABSTRACT

An information recording medium (100), provided with: a first recording layer (L0 layer) and a second recording layer (L1 layer) in each of which record information can be alternately recorded, at least one of said first recording layer and said second recording layer provided with: an anchor area (AP#1 to 4) which is to record therein anchor information (VRS, AVDP, VAT\_ICB) and which is referred to in reading file system information (101, 111) for controlling at least one of recording and reproduction of the record information; and an update area to update and record therein the anchor information.